

# FIT FOR SNOW

IMPROVE PERFORMANCE. **REDUCE** INJURY.

## Stack your Snack – Recipes

### Bean Spread

#### INGREDIENTS:

4-6 cups (1-1.5L) Drained cooked beans of various varieties  
3-4 fresh limes (juice + grated rind)  
3 tbsp (45mL) Each of chili powder, coriander and cumin  
¼ cup Tahini  
4 cloves garlic, crushed  
1 onion chopped

#### DIRECTIONS:

Coat the onion and garlic in oil and bake at 350°F for 1 hour or until soft. Puree in a food processor or blender. Add spices and mix well.

### Peak Power Bars

#### INGREDIENTS:

4 tbsp (45 ml) canola or coconut oil  
3 eggs  
3 tbsp (45 ml) honey or maple syrup  
1/4 cup (125 ml) plain Greek yogurt  
¼ cup orange juice concentrate  
½ cup (125 ml) whole-wheat flour (or gluten free flour if desired)  
1 cup (250 ml) diced dried fruits of your choice; dates, raisins, figs, apricots  
½ cup (125 ml) chopped nuts/seeds of your choice: walnuts, almonds, sunflower, sesame and/or pumpkin seeds  
1 cup (250 ml) large flake oatmeal  
½ cup (125 ml) dry milk powder or other protein powder  
¼ cup (65 ml) ground flax or Chia seeds  
¼ cup (65 ml) coconut/chocolate chips

#### DIRECTIONS:

Mix the first 5 ingredients together and then start adding the goodies, diced dried fruit, your choice of nuts/seeds, then the dry milk powder, oats, coconut and a handful of chocolate chips. If the dough gets too stiff add another egg or a bit more yogurt, if it's too gooey add a bit more oatmeal.

Spread evenly in a greased 9-inch pan and bake at 300° F for about 40 min until a toothpick comes out clean, Careful not to over brown. Cool and cut into squares with a sharp knife. For added convenience wrap separately and freeze.

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## Fruit Power Muffins

### INGREDIENTS:

1 cup wheat bran  
1½ cup whole wheat flour  
1 cup large flake oats  
2 tbsp each of wheat germ, ground flax, chia seeds and/or hemp seeds  
½ cup granulated sugar, Stevia, honey or maple syrup  
1 tbsp cinnamon (for pears replace with 1 tsp ground ginger, for pumpkin/squash add a tsp of allspice)  
1½ tsp baking powder  
1½ tsp baking soda  
1 cup dried skim milk powder or other protein powder  
½ cup raisins or other chopped dried fruit  
Grated rind from 1 large orange  
1½ cup stewed fruit or squash (minimal liquid). If using fresh fruit, chop it and simmer over low heat until most of the liquid has been evaporated and the fruit is soft.  
4 eggs, lightly beaten  
2/3 cup unflavored Greek yogurt  
¼ cup canola oil or coconut oil  
½ cup chopped walnuts or other seeds or nuts like pumpkin and chopped almonds

### DIRECTIONS:

In a bowl, combine all dry ingredients and then stir in dried fruit and nuts and seeds. Combine stewed rhubarb, eggs, yogurt, orange rind, oil and sweetener; pour into flour mixture and stir until just combined.

Spoon into muffin tins lined with paper muffin wrappers. Bake in 375° F oven for 20 minutes or until tops are firm to touch. Makes 18 muffins.